**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A method comprising:

receiving, at a mail server, information from a first user computing device regarding every change made to an application database located on the first user computing device;

storing the information in a mail folder on the mail server, the mail folder corresponding to a user associated with the first user computing device and a second user computing device; and

forwarding the information from the mail folder to the second user computing device upon receipt of a synchronization request from the second user computing device, the second user computing device maintaining a copy of the application database.

2. (Previously Presented) The method of claim 1 wherein the information includes a record for each change made to the application database since a last synchronization.

3. (Currently Amended) The method of claim 2, wherein the record for each change includes an identification of the user computing device where the change took place.

4. (Previously Presented) The method of claim 2, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

5. (Previously Presented) The method of claim 2, wherein the record for each change includes

an identification of the record.

6. (Previously Presented) The method of claim 2, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

7. (Previously Presented) The method of claim 2, wherein the record for each change includes a location and identity of attachment documents associated with a change-action-queue record.

8. (Previously Presented) The method of claim 1 further comprising:
deleting the information from the mail folder after the forwarding.

9. (Currently Amended) A method comprising:
generating a record each time an application database located on a first user computing device is changed, the record containing information regarding the change;
uploading each of the records generated since a last synchronization to a mail server;
storing each of the records in a mailbox on the mail server, the mailbox for a user associated with the first user computing device and a second user computing device;
downloading each of the records from the mailbox to the second user computing device; and
modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.

10. (Currently Amended) The method of claim 9, wherein the uploading occurs in response to a request for synchronization on the first user computing device.

11. (Currently Amended) The method of claim 9, wherein the downloading occurs in response to a request for synchronization on the second user computing device.

12. (Currently Amended) The method of claim 9, wherein the record for each change includes an identification of the user computing device where the change took place.

13. (Previously Presented) The method of claim 9, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

14. (Previously Presented) The method of claim 9, wherein the record for each change includes an identification of the record.

15. (Previously Presented) The method of claim 9, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

16. (Previously Presented) The method of claim 9, wherein the record for each change includes a location and identity of attachment documents associated with a change-action-queue record.

17. (Previously Presented) The method of claim 9, further comprising:
deleting the records from the mailbox after the downloading.

18. (Currently Amended) A method comprising:
generating a list of records of each change to an application database located on a first user

computing device since a last synchronization, each record containing information regarding the

corresponding change;

uploading each of the records to a mail server;

storing each of the records in a mailbox on the mail server, the mailbox for a user associated with the first user computing device and a second user computing device;

downloading each of the records from the mailbox to the second user computing device; and

modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.

19. (Currently Amended) The method of claim 18, wherein the uploading occurs in response to a request for synchronization on the first user computing device.

20. (Currently Amended) The method of claim 18, wherein the downloading occurs in response to a request for synchronization on the second user computing device.

21. (Currently Amended) The method of claim 18, wherein the record for each change includes an identification of the user computing device where the change took place.

22. (Previously Presented) The method of claim 18, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

23. (Previously Presented) The method of claim 18, wherein the record for each change includes an identification of the record.

24. (Previously Presented) The method of claim 18, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

25. (Previously Presented) The method of claim 18, wherein the record for each change includes a location and identity of attachment documents associated with a change-action-queue record.

26. (Previously Presented) The method of claim 1 8, further comprising:

deleting the records from the mailbox after the downloading.

27. (Currently Amended) An apparatus comprising:

a memory;

a first user computing device database change information receiver configured to receive information from a first user computing device regarding every change made to an application database located on the first user computing device;

a first user computing device database change information mail folder storer coupled to the first user computing device database change information receiver and to the memory and configured to store the information in a mail folder corresponding to a user associated with the first user computing device and a second user computing device; and

a first user computing device database change information second user computing device forwarder coupled to the memory and configured to forward the information from the mail folder to the second user computing device upon receipt of a synchronization request from the second user computing device, the second user computing device further configured to maintain a copy of the application database.

28. (Previously Presented) The apparatus of claim 27, further comprising a first device database change information deleter coupled to the first device database change information second device forwarder.

29. (Currently Amended) An apparatus comprising:

a first device application database change record generator configured to generate a record each time an application database is changed on a first user computing device, the record containing information regarding the change;

a mail server change record uploader coupled to the first device application database change record generator and configured to upload each of the records generated since a last synchronization to a mail server;

a memory;

a change record mailbox storer coupled to the memory and configured to store each of the records in a mailbox on the mail server, the mailbox for a user associated with the user computing first device and a second user computing device;

a change record second device downloader coupled to the memory and configured to download each of the records from the mailbox to the second user computing device; and

a second device application database modifier coupled to the change record second device downloader and configured to modify an application database located on the second user computing device with changes indicated by each of the downloaded records.

30. (Previously Presented) The apparatus of claim 29, further comprising a change record deleter coupled to the change record second device downloader and to the memory.

31. (Currently Amended) An apparatus comprising:

a first device application database change record list generator and configured to generate a list of records of each change to an application database located on a first user computing device since a last synchronization, each record containing information regarding the corresponding change;

a mail server change record uploader coupled to the first device application database change record list generator and configured to upload each of the records to a mail server;

a memory;

a change record mailbox storer coupled to the memory and configured to store each of the records in a mailbox on the mail server, the mailbox for a user associated with the first user computing device and a second user computing device;

a change record second device downloader coupled to the memory and configured to download each of the records from the mailbox to the second user computing device; and

a second device application database modifier coupled to the change record second device downloader and configured to modify an application database located on the second user computing device with changes indicated by each of the downloaded records.

32. (Previously Presented) The apparatus of claim 31, further comprising a change record deleter coupled to the change record second device downloader and to the memory.

33. (Currently Amended) An apparatus comprising:

means for receiving information from a first user computing device regarding every change made to an application database located on the first user computing device;

means for storing the information in a mail folder corresponding to a user associated with the first user computing device and a second user computing device; and

means for forwarding the information from the mail folder to the second user computing device upon receipt of a synchronization request from the second user computing device, the second user computing device maintaining a copy of the application database.

34. (Previously Presented) The apparatus of claim 33, wherein the information includes a record for each change made to the application database since a last synchronization.

35. (Currently Amended) The apparatus of claim 34, wherein the record for each change includes an identification of the user computing device where the change took place.

36. (Previously Presented) The apparatus of claim 34, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

37. (Previously Presented) The apparatus of claim 34, wherein the record for each change includes an identification of the record.

38. (Previously Presented) The apparatus of claim 34, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

39. (Previously Presented) The apparatus of claim 34, further comprising:
means for deleting the records from the mailbox after the downloading.

40. (Previously Presented) The apparatus of claim 33, further comprising:
means for deleting the information from the mail folder after the forwarding.

41. (Currently Amended) An apparatus comprising:

means for generating a record each time an application database is changed on a ~~the~~ first user computing device, the record containing information regarding the change;

means for uploading each of the records generated since a last synchronization to a mail server;

means for storing each of the records in a mailbox for a user associated with the first user computing device and a second user computing device;

means for downloading each of the records from the mailbox to the second user computing device; and

means for modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.

42. (Currently Amended) The apparatus of claim 41, wherein the uploading occurs in response to a request for synchronization on the first user computing device.

43. (Currently Amended) The apparatus of claim 41, wherein the downloading occurs in response to a request for synchronization on the second user computing device.

44. (Currently Amended) The apparatus of claim 41, wherein the record for each change includes an identification of the user computing device where the change took place.

45. (Previously Presented) The apparatus of claim 41, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

46. (Previously Presented) The apparatus of claim 41, wherein the record for each change includes an identification of the record.

47. (Previously Presented) The apparatus of claim 41, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

48. (Previously Presented) The apparatus of claim 41, wherein the record for each change includes a location and identity of attachment documents associated with a change-action-queue record.

49. (Previously Presented) The apparatus of claim 41, further comprising:
means for deleting the records from the mailbox after the downloading.

50. (Previously Presented) The apparatus of claim 41, further comprising:
means for deleting the records from the mailbox after the downloading.

51. (Currently Amended) An apparatus comprising:
means for generating a list of records of each change to an application database located on a first user computing device since a last synchronization, each record containing information regarding the corresponding change;
means for uploading each of the records to a mail server;
means for storing each of the records in a mailbox for a user associated with the first user computing device and a second user computing device;
means for downloading each of the records from the mailbox to the second user computing

device; and means for modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.

52. (Currently Amended) The apparatus of claim 51, wherein the uploading occurs in response to a request for synchronization on the first user computing device.

53. (Currently Amended) The apparatus of claim 51, wherein the downloading occurs in response to a request for synchronization on the second user computing device.

54. (Currently Amended) The apparatus of claim 51, wherein the record for each change includes an identification of the user computing device where the change took place.

55. (Previously Presented) The apparatus of claim 51, wherein the record for each change includes a time stamp indicating the time the record is synchronized with the mail server.

56. (Previously Presented) The apparatus of claim 51, wherein the record for each change includes an identification of the record.

57. (Previously Presented) The apparatus of claim 51, wherein the record for each change includes a time stamp indicating the time the corresponding change to the database was made.

58. (Previously Presented) The apparatus of claim 51, wherein the record for each change includes a location and identity of attachment documents associated with a change-action-queue record.

59. (Previously Presented) The apparatus of claim 51, further comprising:

means for deleting the records from the mailbox after the downloading.

60. (Currently Amended) A program storage device readable by a machine, tangibly embodying a program of instructions executable by the machine to perform a method, the method comprising:

receiving, at a mail server, information from a first user computing device regarding every change made to an application database located on the first user computing device;

storing the information in a mail folder on the mail server, the mail folder corresponding to a user associated with the first user computing device and a second user computing device; and

forwarding the information from the mail folder to the second user computing device upon receipt of a synchronization request from the second user computing device, the second user computing device maintaining a copy of the application database.

61. (Currently Amended) A program storage device readable by a machine, tangibly embodying a program of instructions executable by the machine to perform a method, the method comprising:

generating a record each time an application database is changed on a first user computing device, the record containing information regarding the change;

uploading each of the records generated since a last synchronization to a mail server;

storing each of the records in a mailbox on the mail server, the mailbox for a user associated with the first user computing device and a second user computing device;

downloading each of the records from the mailbox to the second user computing device; and

modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.

62. (Currently Amended) A program storage device readable by a machine, tangibly embodying a program of instructions executable by the machine to perform a method, the method comprising:

generating a list of records of each change to an application database located on the first user computing device since a last synchronization, each record containing information regarding the corresponding change;

uploading each of the records to a mail server;

storing each of the records in a mailbox on the mail server, the mailbox for a user associated with the first user computing device and a second user computing device;

downloading each of the records from the mailbox to the second user computing device; and

modifying an application database located on the second user computing device with changes indicated by each of the downloaded records.